

Historic, Archive Document

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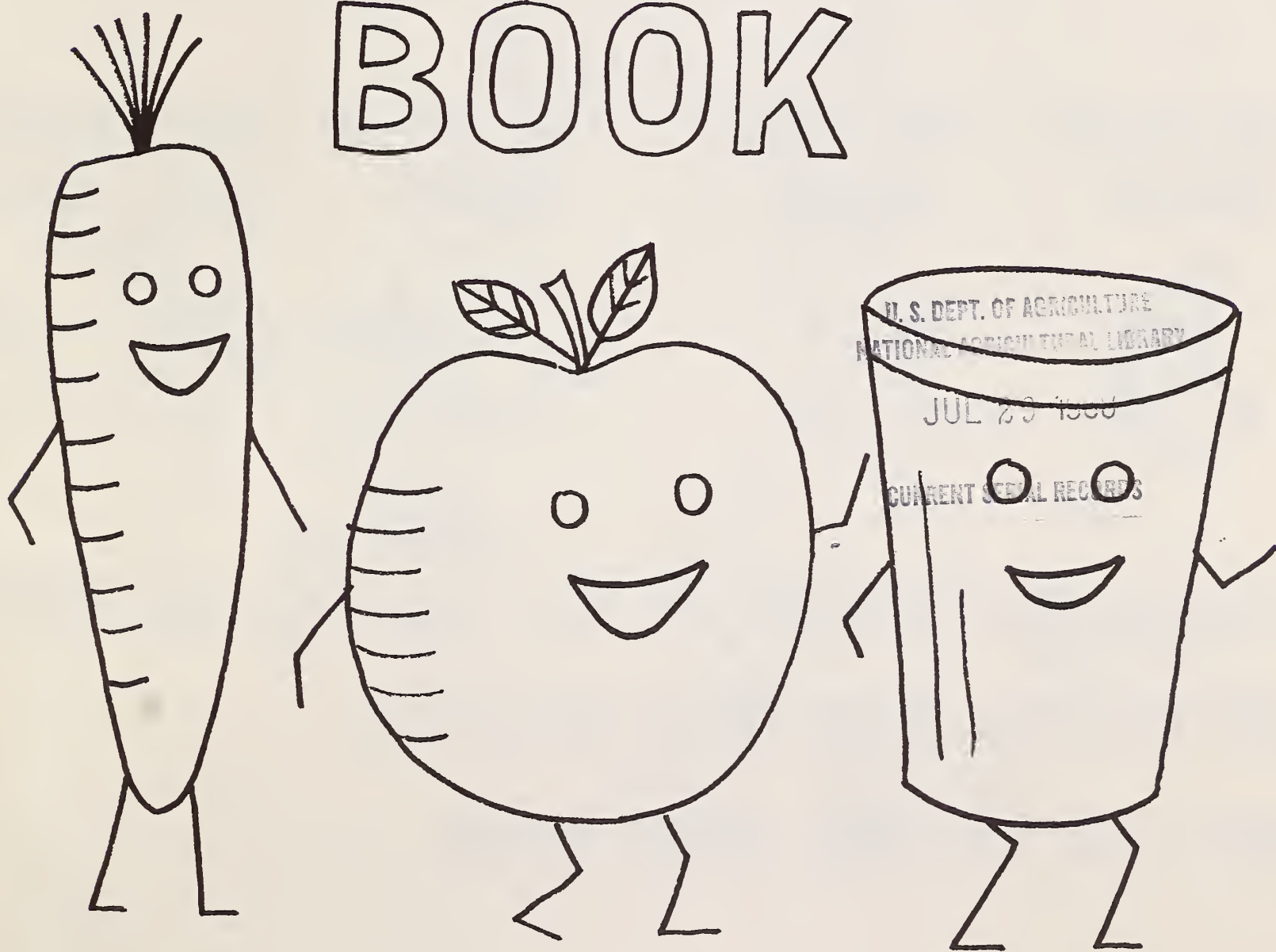
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THE GOOD FOODS COLORING BOOK



TO GROW
BIG AND STRONG
YOU NEED TO EAT



4

KINDS OF FOOD
EVERYDAY

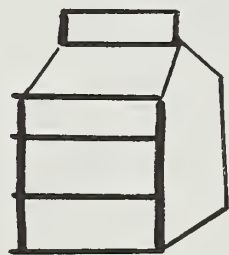
1

THE MEAT
GROUP



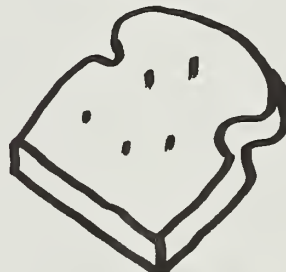
2

THE MILK
GROUP



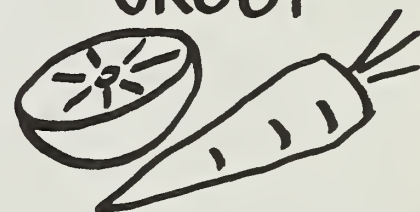
3

THE BREAD
GROUP



4

THE FRUIT
VEGETABLE
GROUP



THIS BOOK HAS PICTURES OF ALL



4

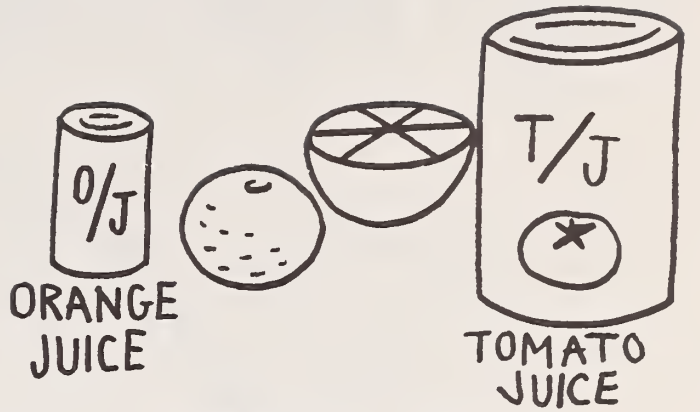
FOOD GROUPS.

HAVE FUN COLORING THE PICTURES.

HAVE FUN EATING GOOD FOOD.



DARK
LEAFY GREENS

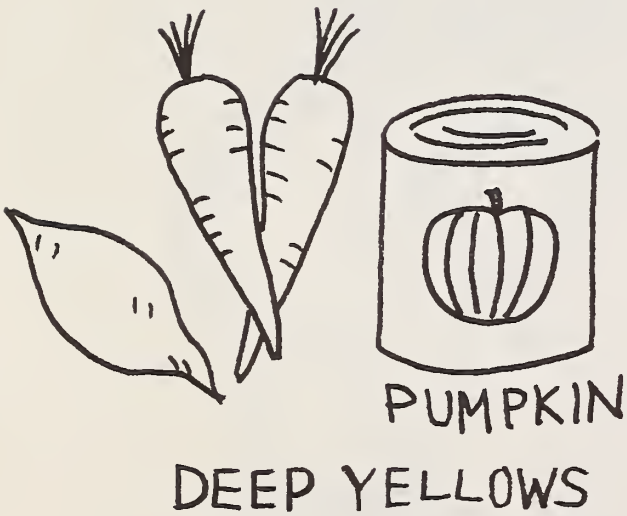


ORANGE
JUICE

TOMATO
JUICE

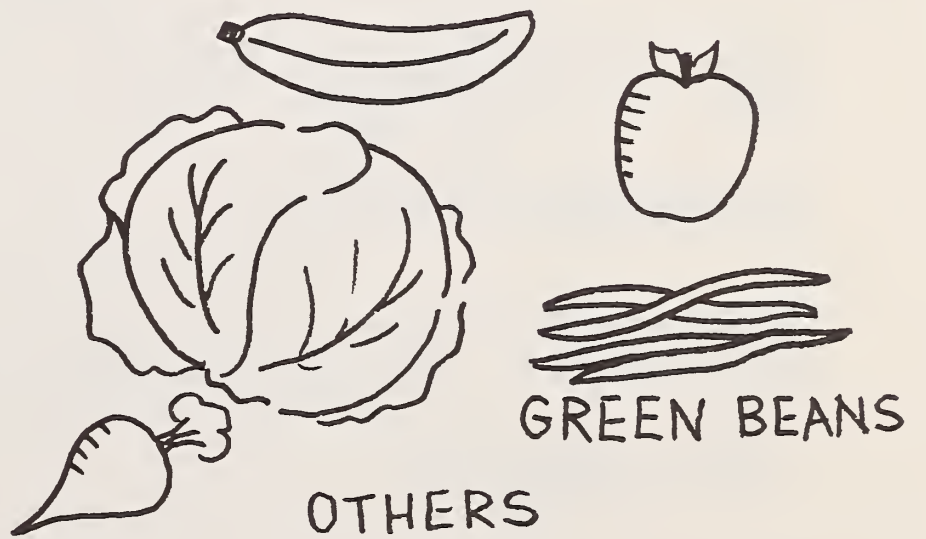
CITRUS FRUIT
AND
TOMATOES

WE
BELONG TO THE
VEGETABLE-FRUIT
GROUP



PUMPKIN

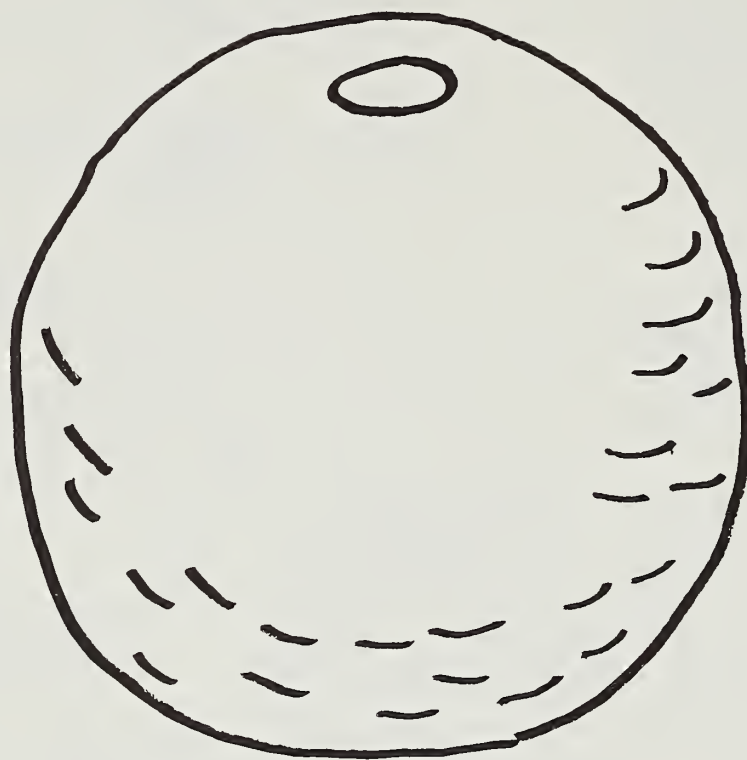
DEEP YELLOWS



OTHERS

GREEN BEANS

I AM AN ORANGE



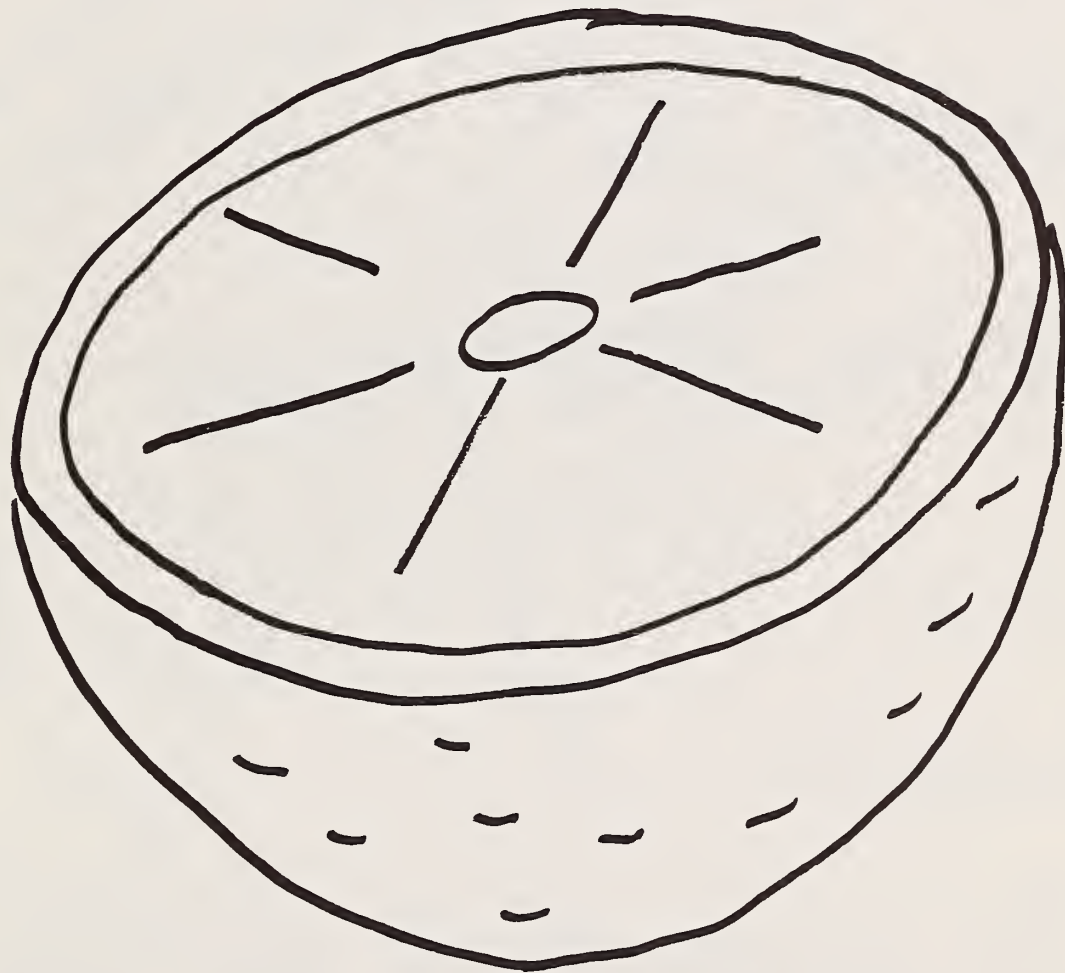
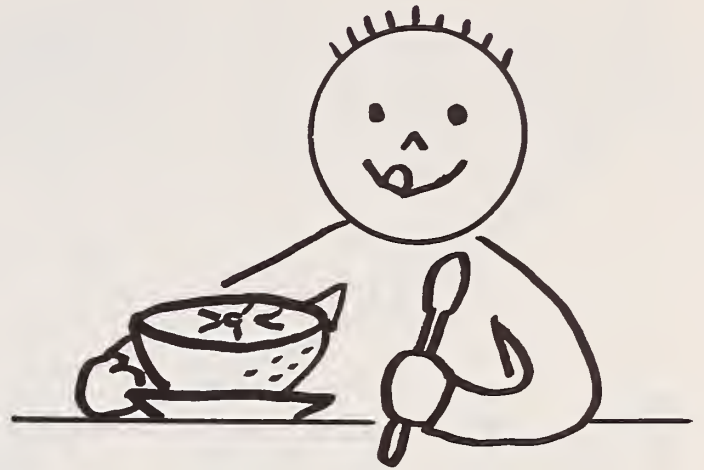
Color me orange
I GIVE VITAMIN C

Peel and eat
an orange for
breakfast,
snack or
dessert

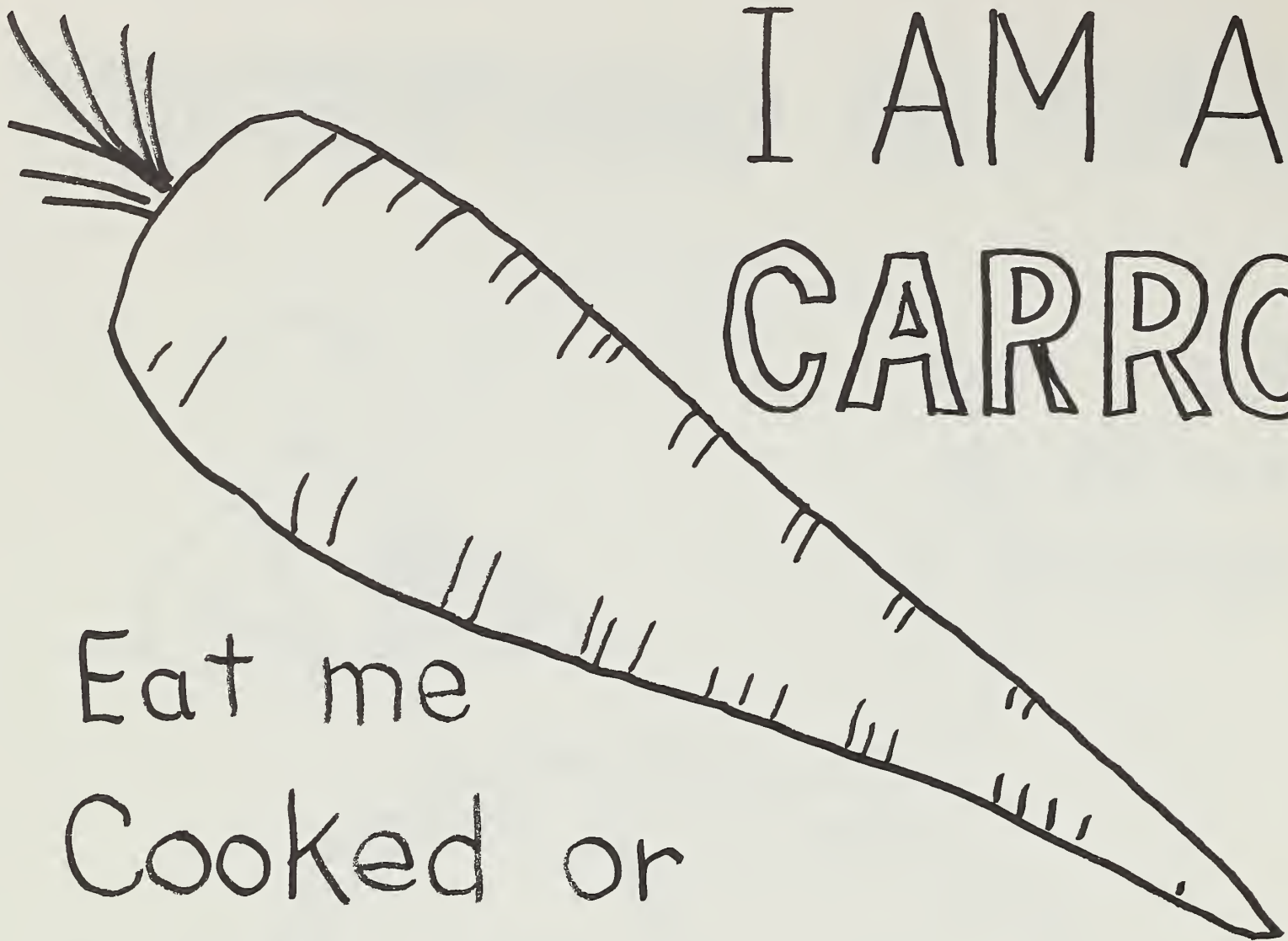


I AM A GRAPEFRUIT

Eat me
with a
spoon _____



I GIVE VITAMIN C TOO
Color me yellow



I AM A
CARROT

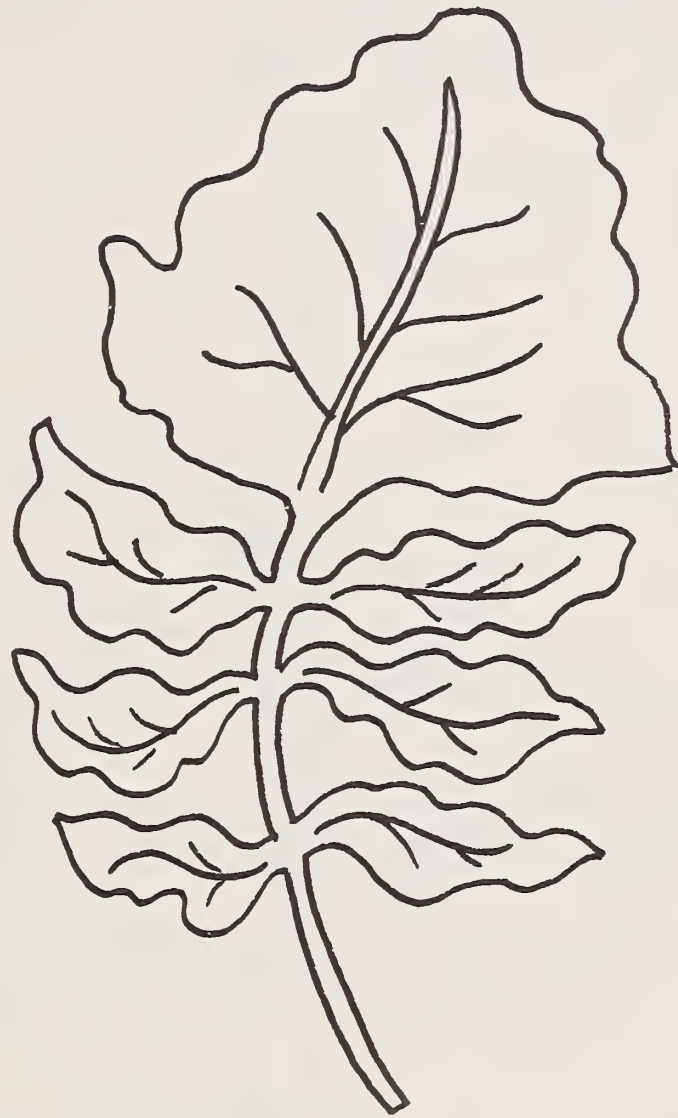
Eat me
Cooked or
Nibble me raw

I give
vitamin
A



Color me orange

I AM ONE OF THE
LEAFY GREEN FAMILY
I AM "TURNIP" GREEN



I give you Vitamins A and C
Color me dark green

I AM ONE OF THE
LEAFY GREEN FAMILY
I AM "COLLARD" GREEN



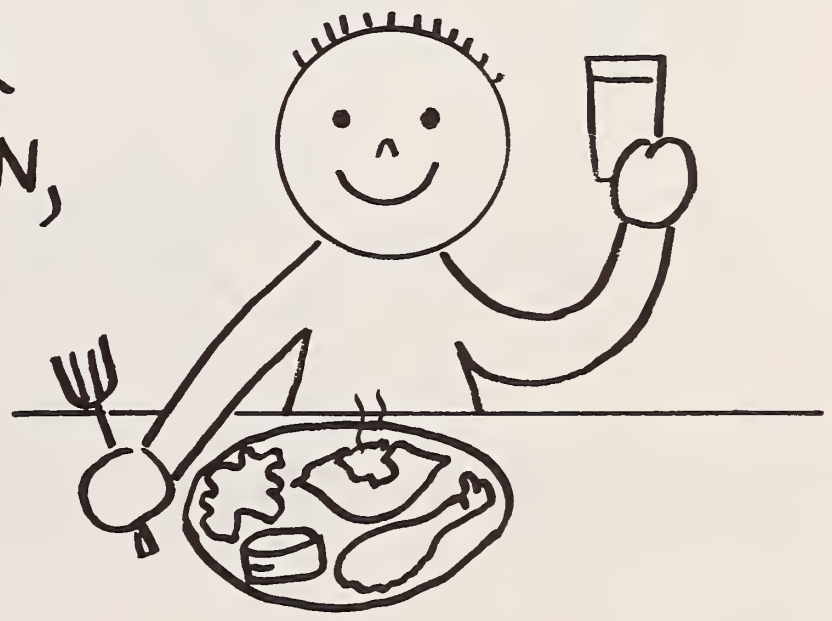
*I give you Vitamin C
I give you Vitamin A, too
Color me dark green, too*

I AM A SWEETPOTATO



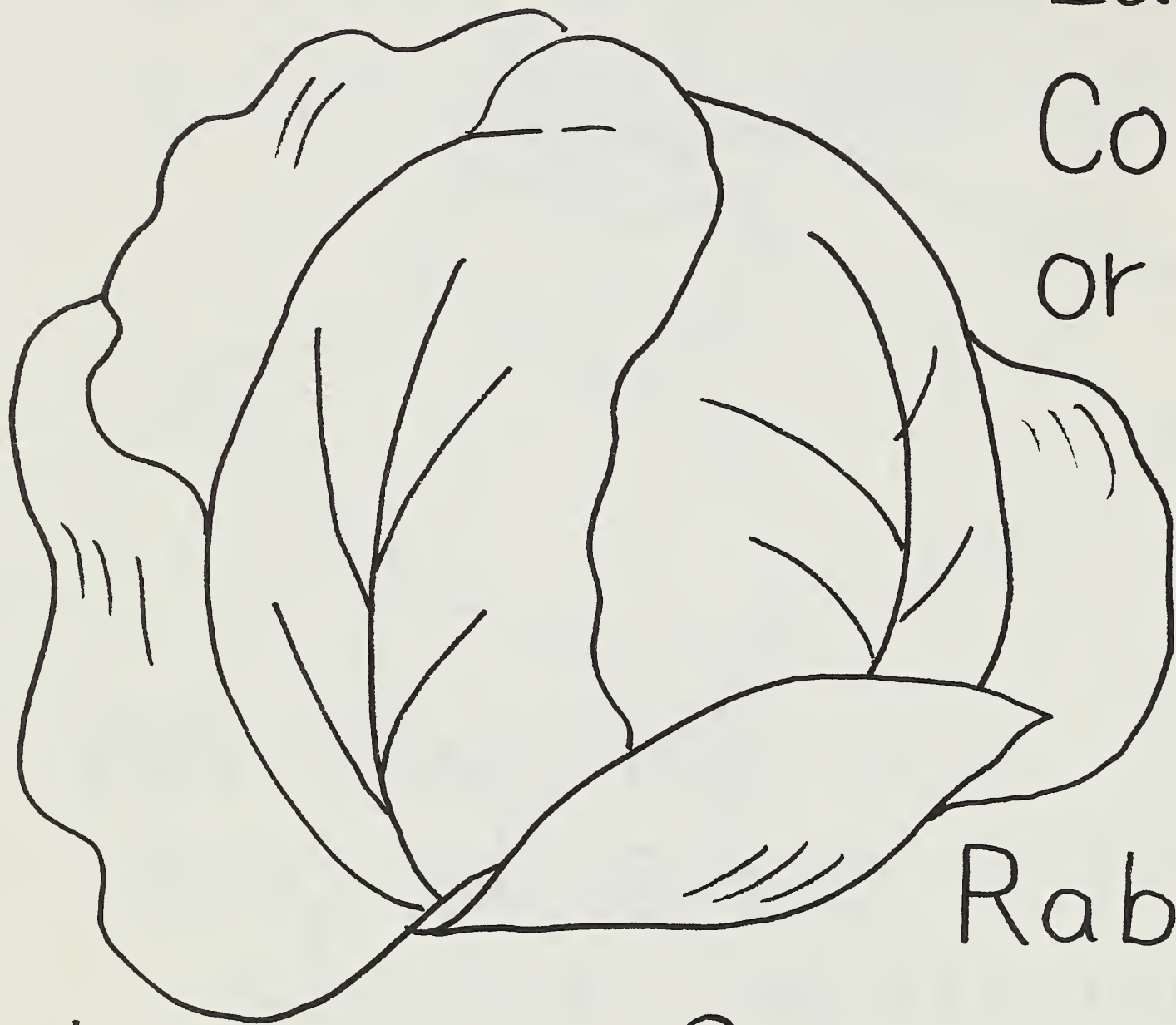
I am brown on
the outside and
orange inside

EAT ME FOR SUPPER
WITH FRIED CHICKEN,
GREENS, BISCUITS
AND A GLASS
OF MILK



I AM CABBAGE

Eat me
Cooked
or raw



Rabbits

like me - So will you

I give you Vitamin C

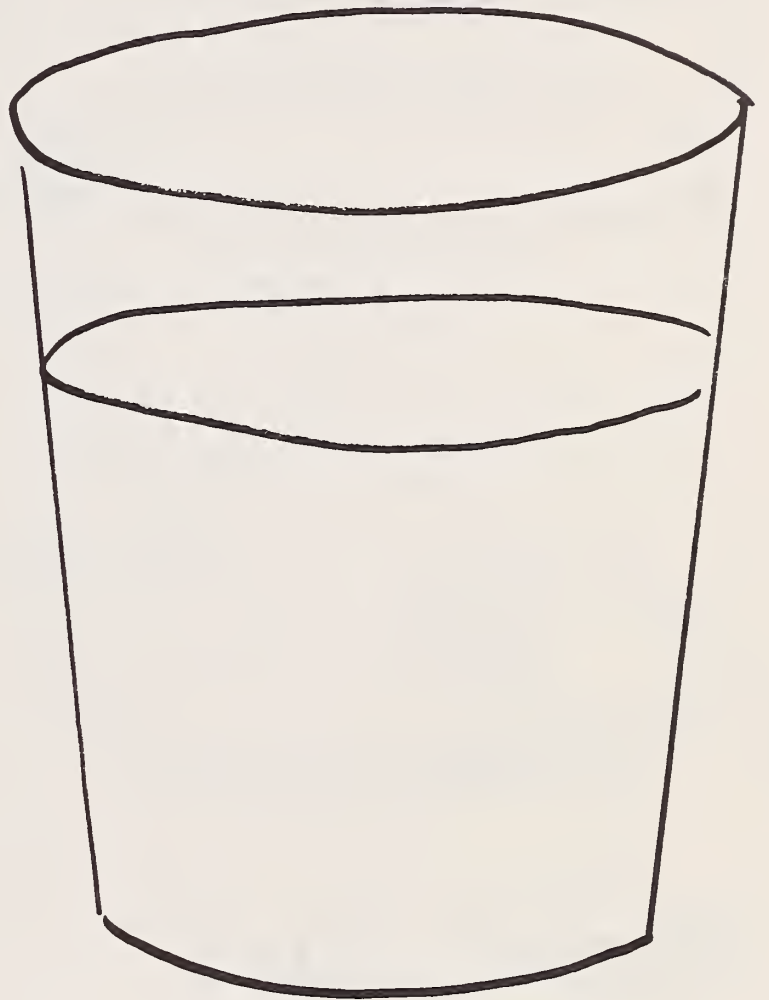
Color me light green

I am "OJ" *

I come from oranges

Color me
yellow-orange

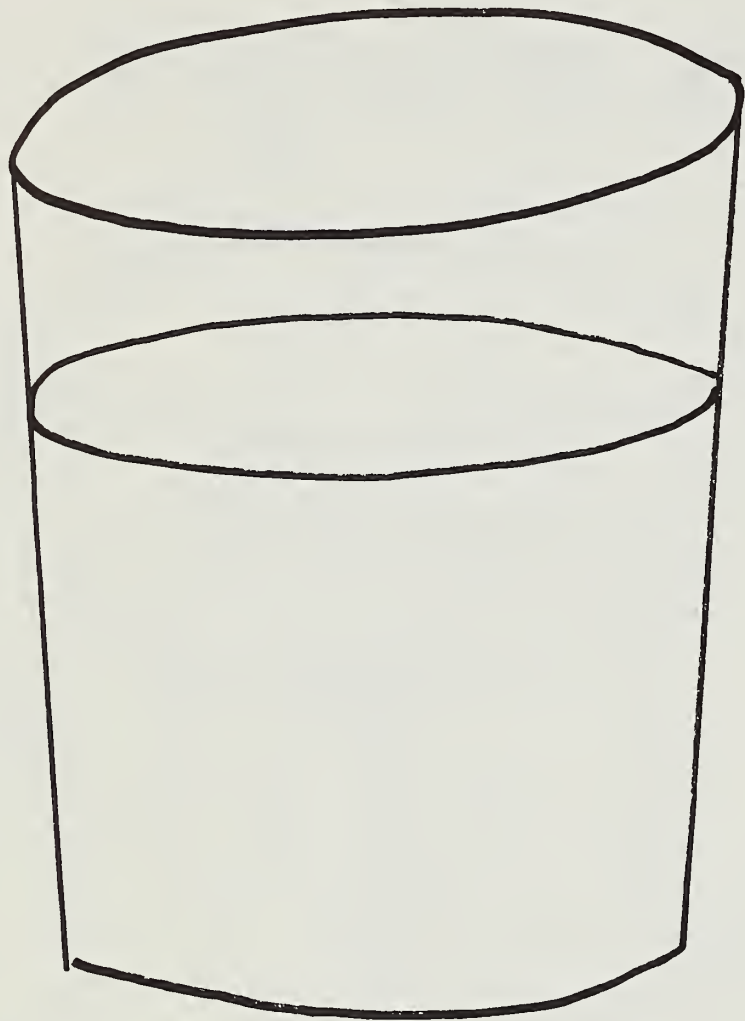
Drink me
with
breakfast



* ORANGE JUICE

I am

"TJ"*



Color me
Tomato red

You can
drink me
with
meals too



*TOMATO JUICE



CHICKEN



EGGS

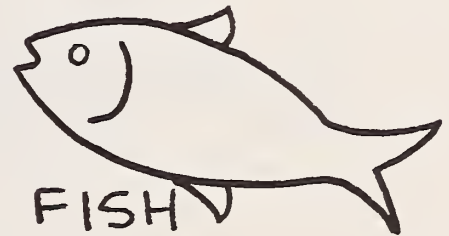


"HAM" BURGER

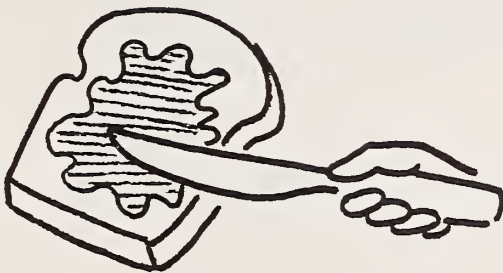


LIVER

WE
BELONG TO
THE MEAT
GROUP



FISH



SPLIT PEA SOUP

I AM PEANUT BUTTER

Lots of energy and protein for you

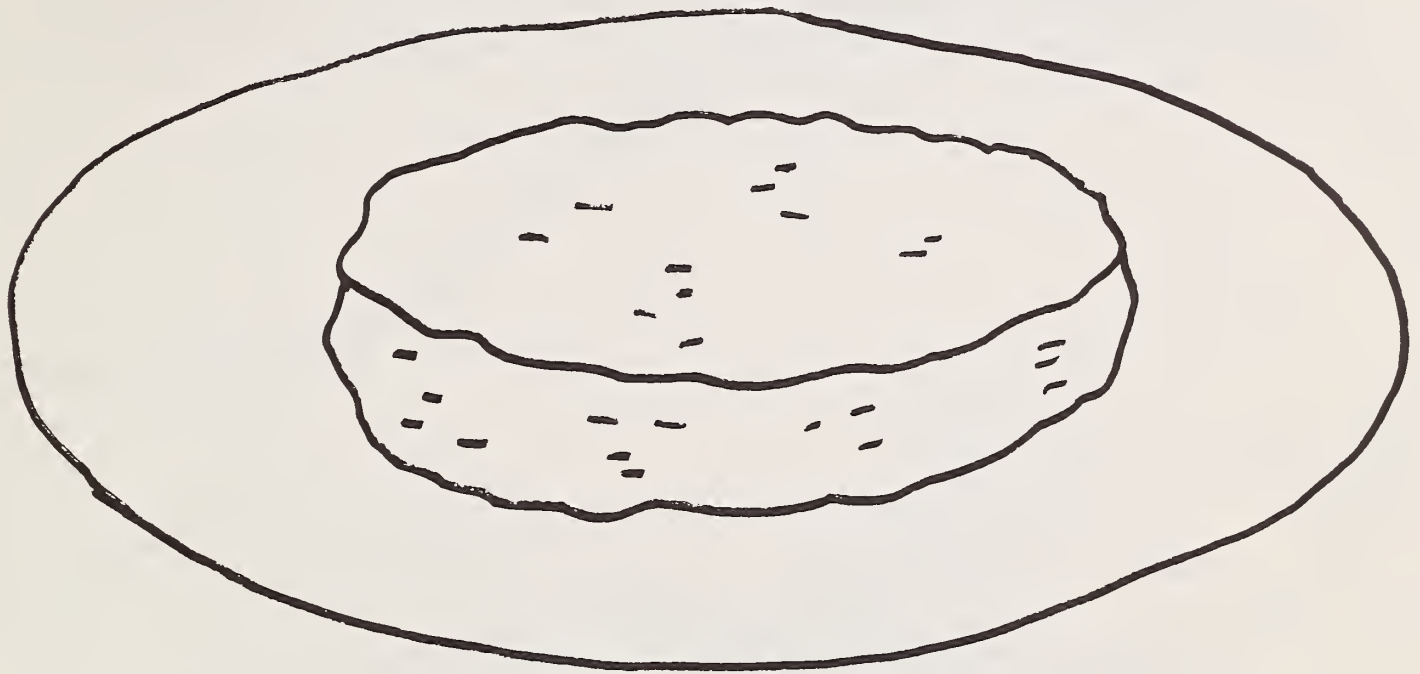
Color
me
brown



You can
eat me
just as I
come from
the jar.

I AM HAMBURGER

a fine protein food

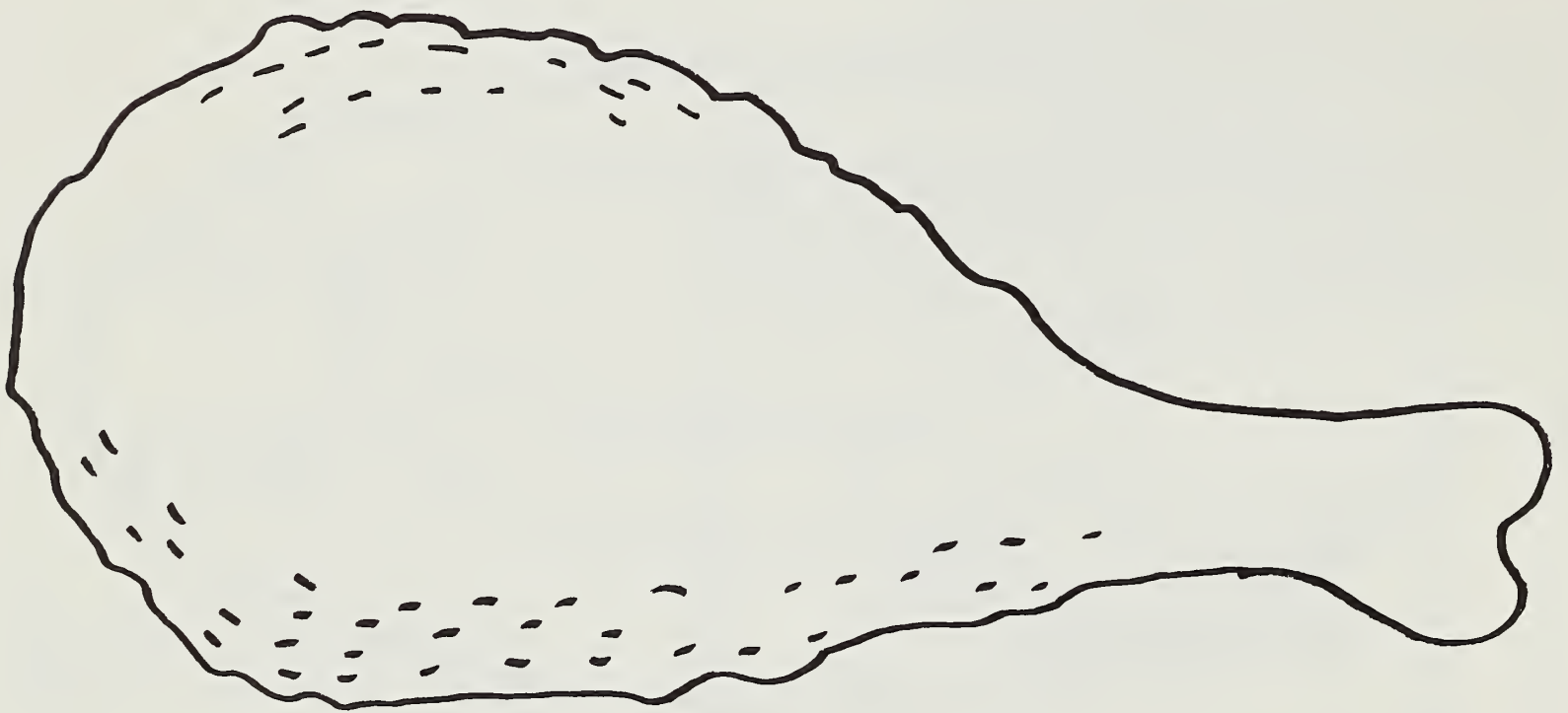


Color me dark brown

I make a
good
sandwich
too.



I AM A CHICKEN
DRUMSTICK



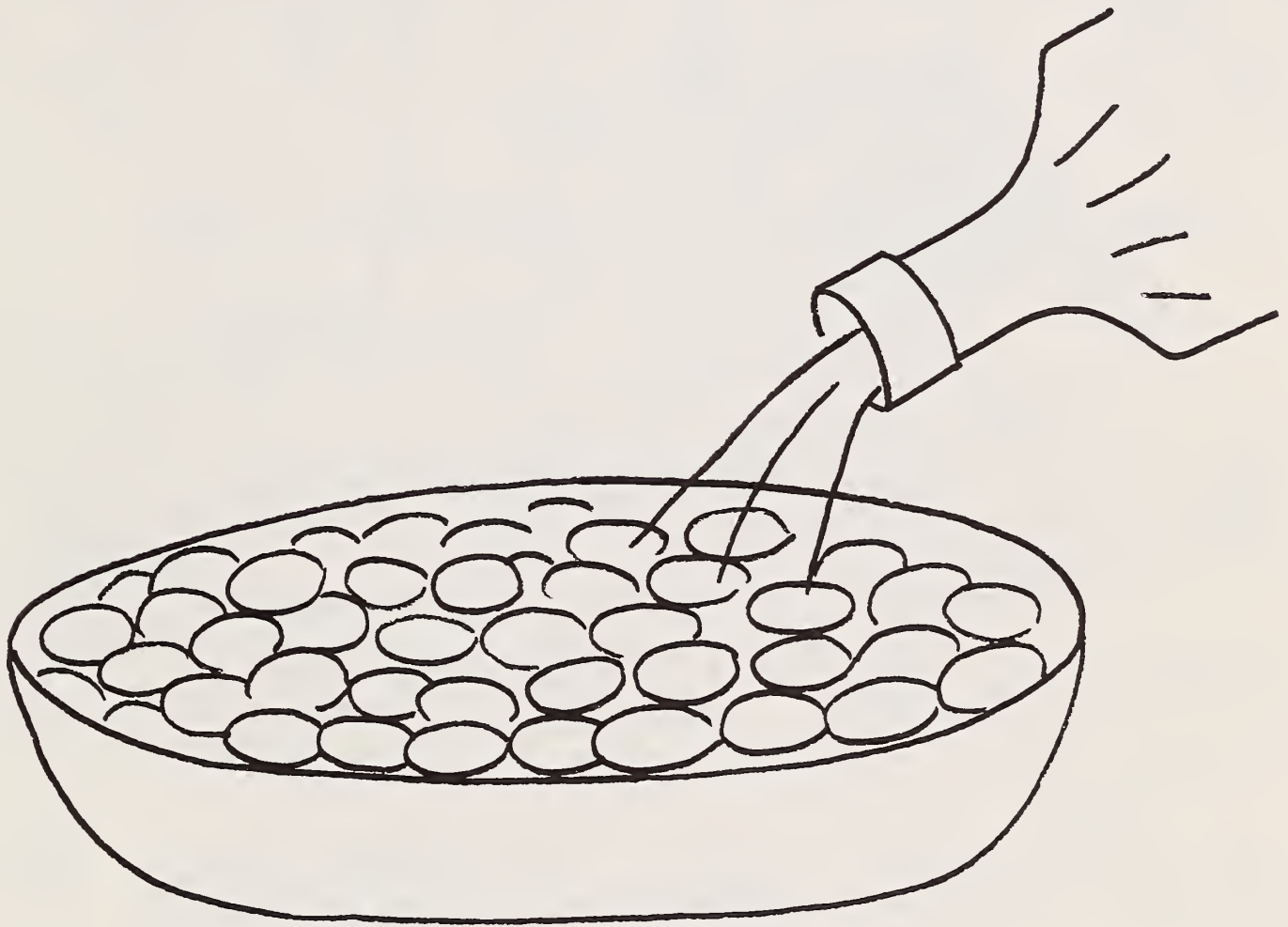
Color me golden brown



It's fun to
get your
protein
This way

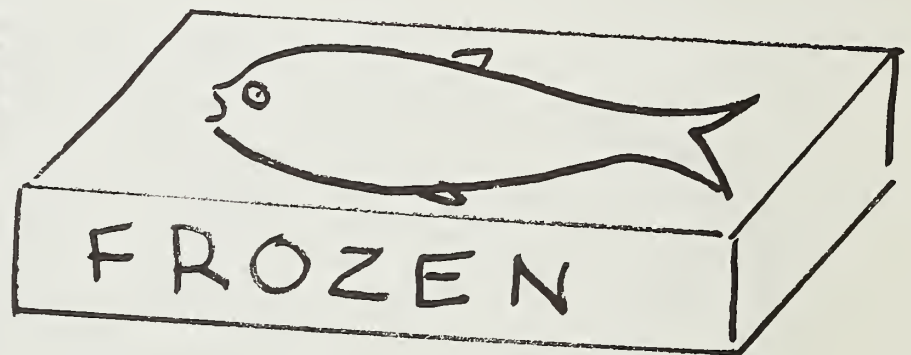
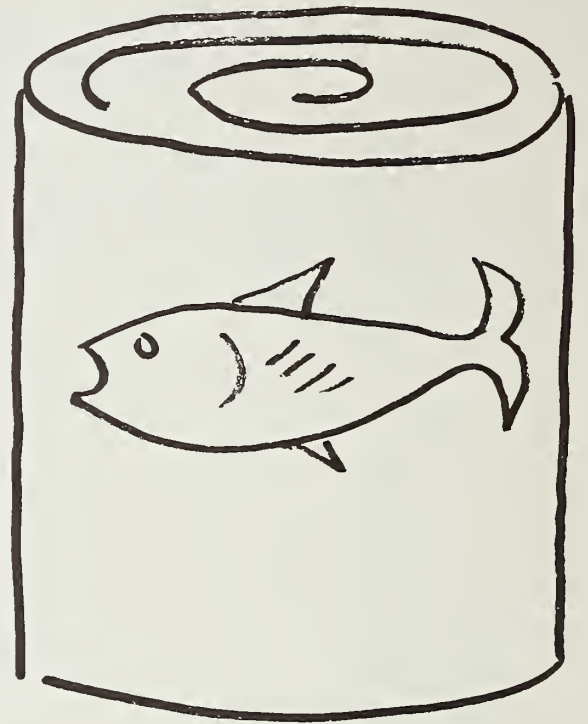
WE ARE BEANS

We are good--
baked or in soup



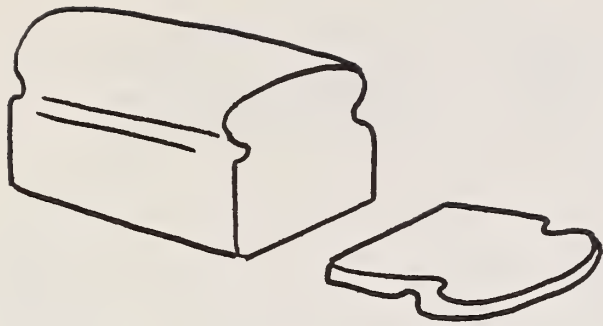
Color us brown and
add red Catsup

I AM FISH



Sometimes you catch me from
the water

Sometimes I come in a can or
a box. My protein helps
build muscle.



WE
BELONG TO THE
BREAD-CEREAL
GROUP



BISCUITS



RICE



CORNBREAD

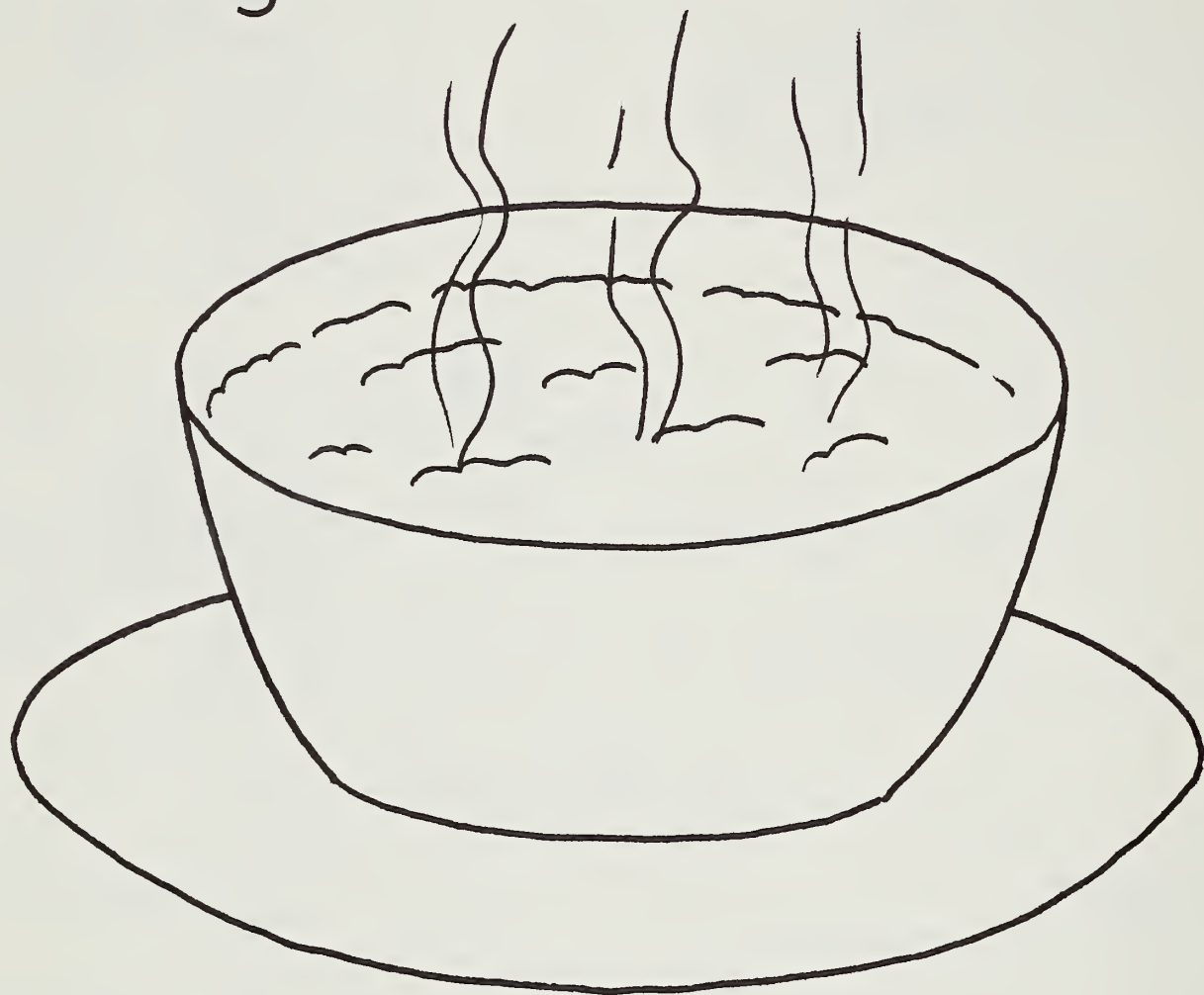


SPAGHETTI



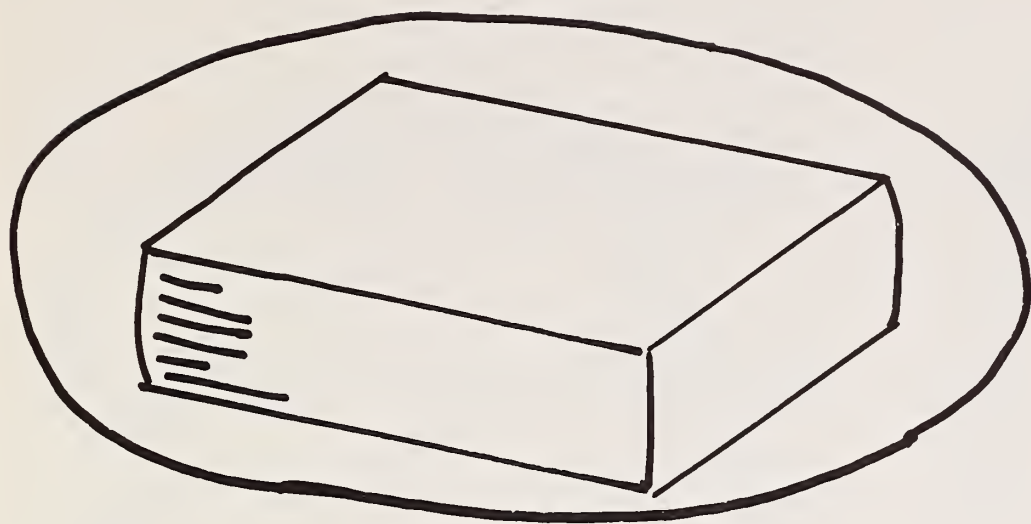
ROLLED WHEAT COOKIES

I am good -- Hot, with
sugar and milk



I AM ROLLED
OATS — Color me
a light brown

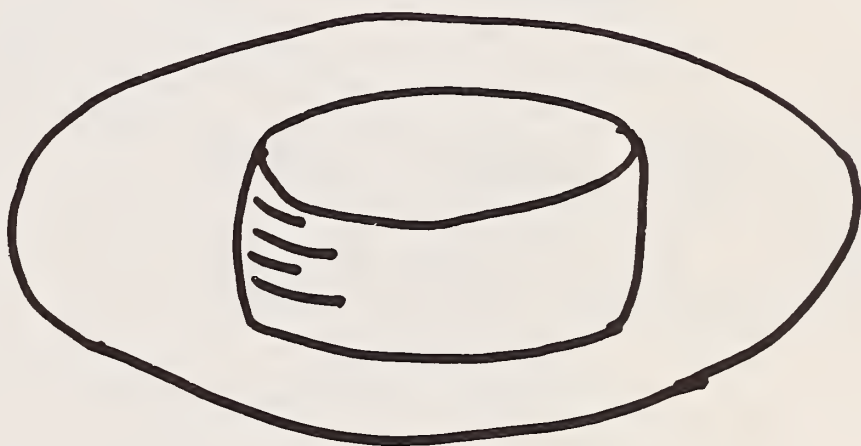
I am CORNBREAD



Color me
yellow-
brown

I am BISCUIT

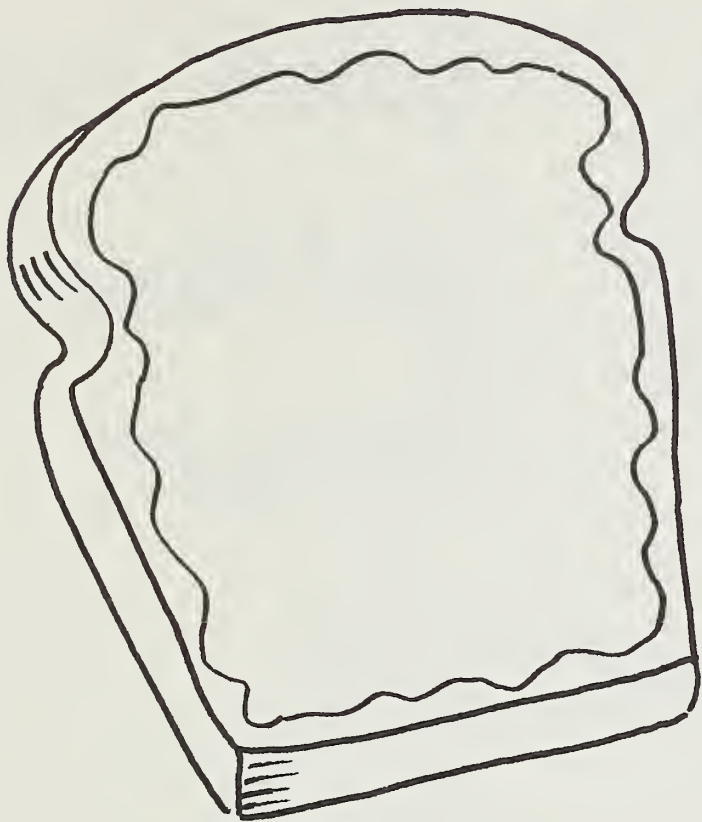
Color me
golden
brown



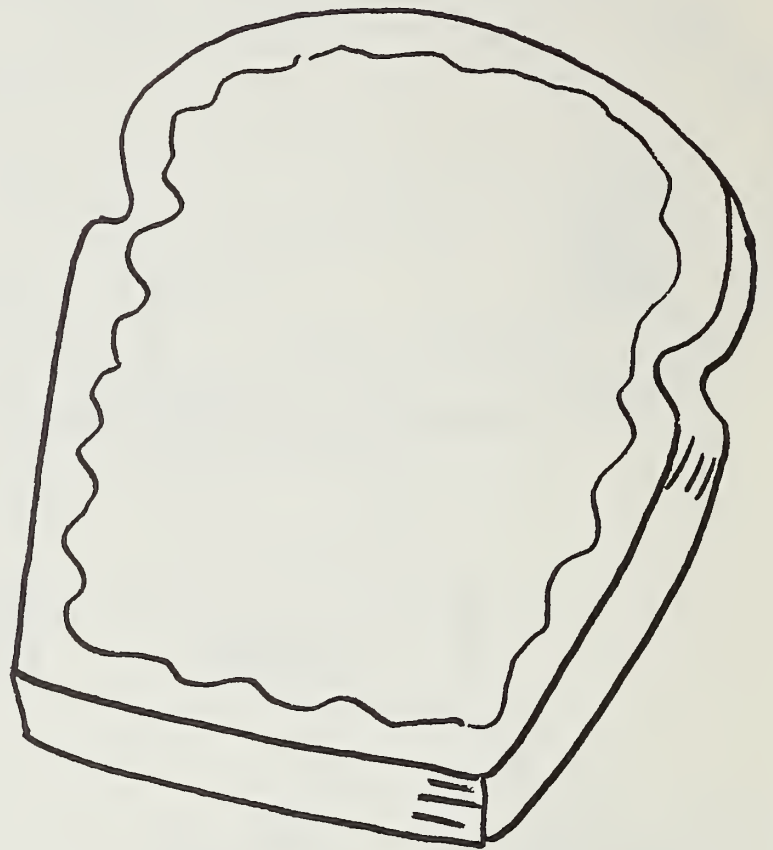
What a tasty
way to get
your energy,
vitamins and
minerals too.



We are slices of BREAD



Color me like
Peanut Butter

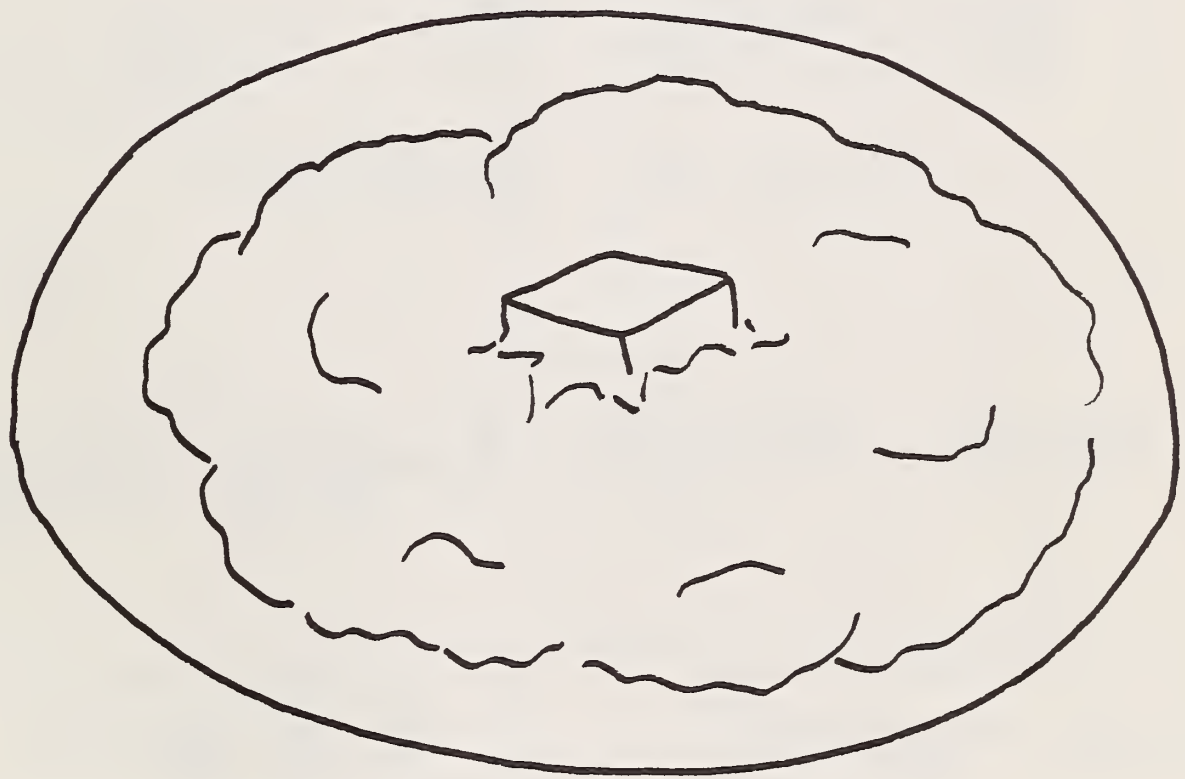


Color me like
your favorite
Jelly

We make a good Sandwich
We give you Energy for
school/work and for play

I AM GRITS

I am good -- Hot, with
margarine or butter



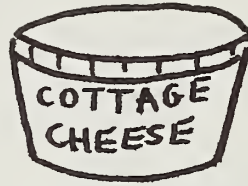
Sometimes I am yellow
Sometimes I am white



MILK



YELLOW



WHITE

CHEESE

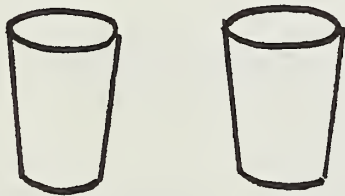


ICE CREAM

WE
BELONG TO THE
MILK GROUP

Drink MILK Every Day

Under 9 years



or more

9-12 years



or more

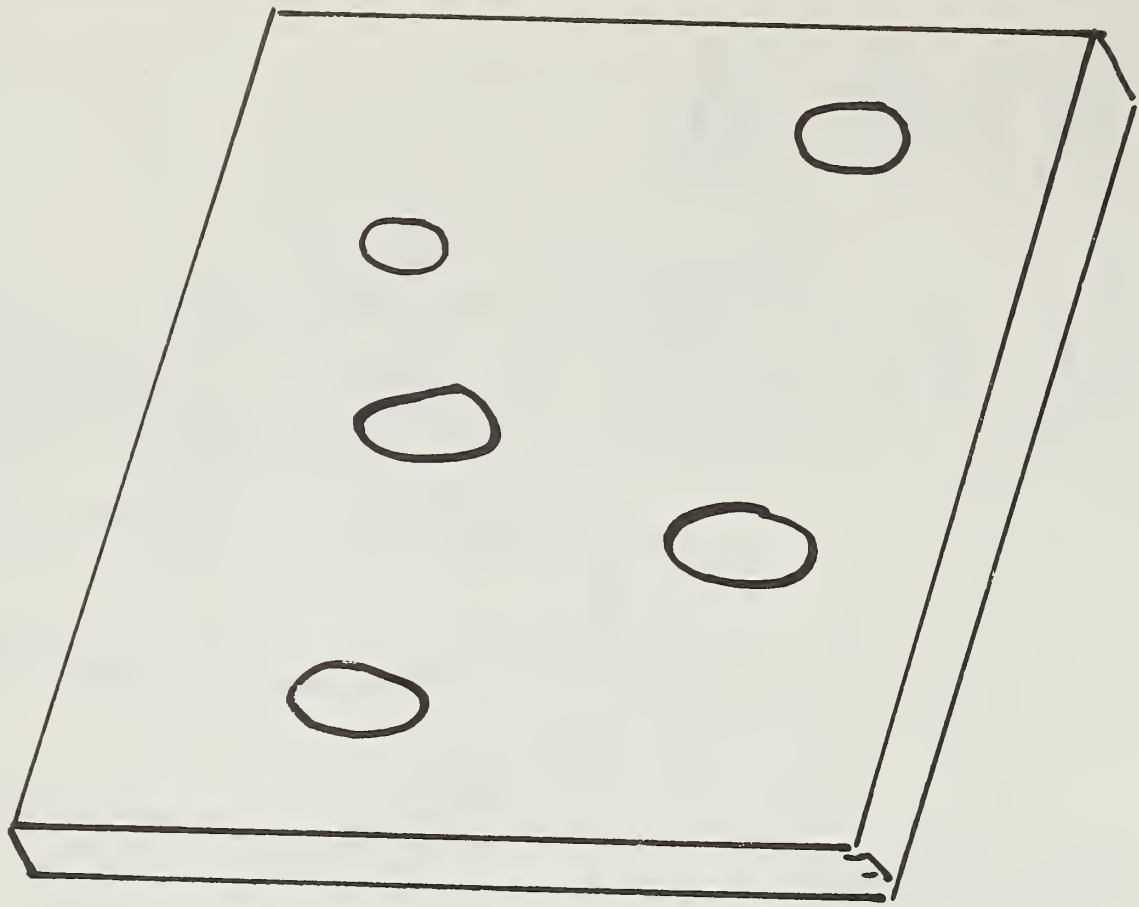
I AM A GLASS OF MILK

Color
me
white



I have calcium,
protein, vitamin
and minerals,
for growing
children





I AM A SLICE
OF CHEESE

I am made from milk and
good to eat in a sandwich.

Color me
yellow -
orange



I AM A

CUP OF COCOA



I am
made
with
milk

Color me light brown



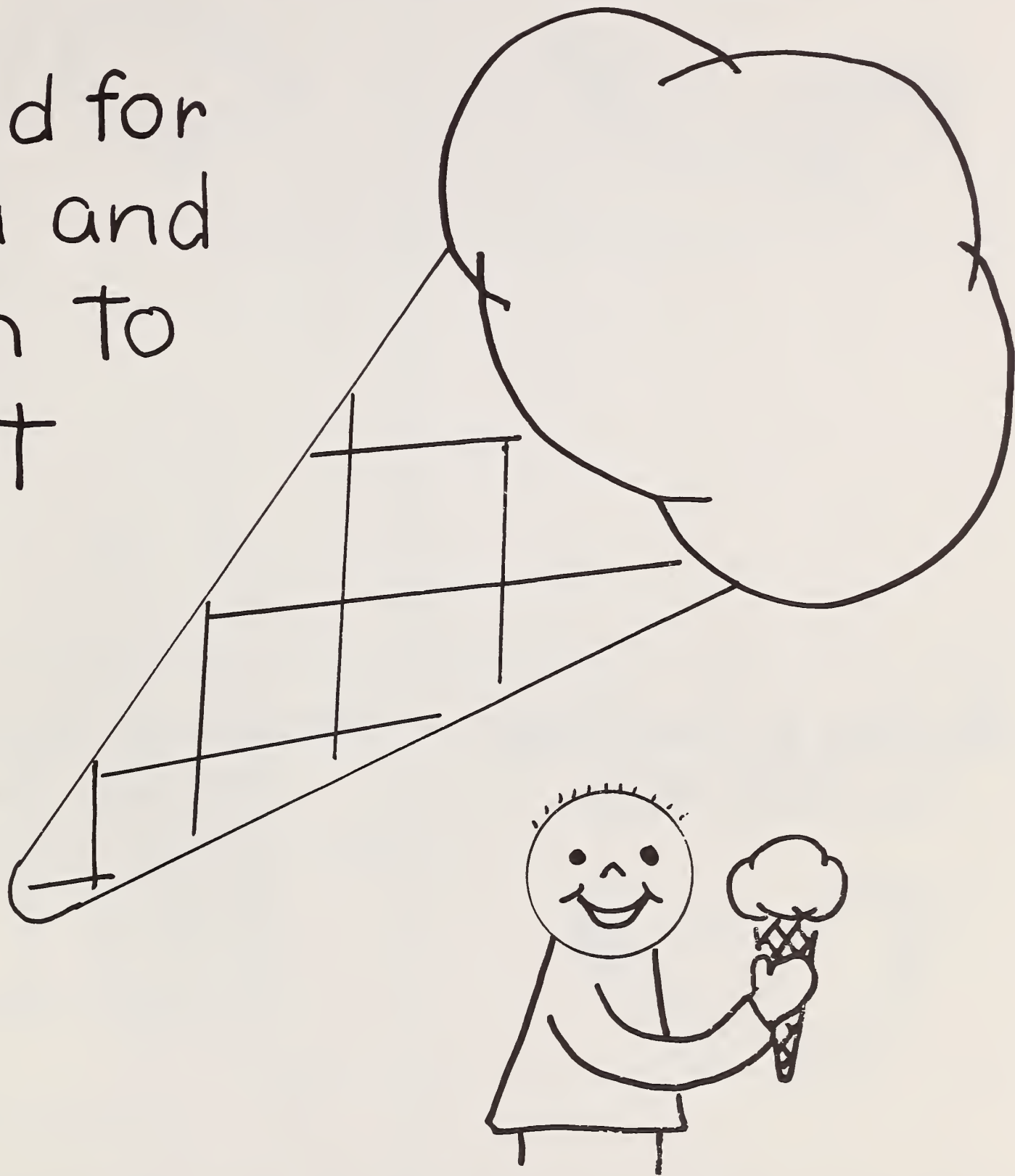
I am a bowl of
CREAM OF TOMATO
SOUP



Color me a creamy red
I am made from Milk
and Tomatoes

I AM ICE CREAM

Good for
you and
fun to
eat



Color me the kind
you like best

My favorite food from
the Vegetable-Fruit Group



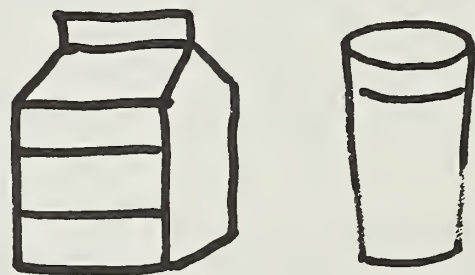
My favorite food from
Bread Cereal Group



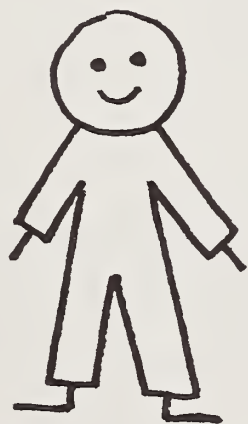
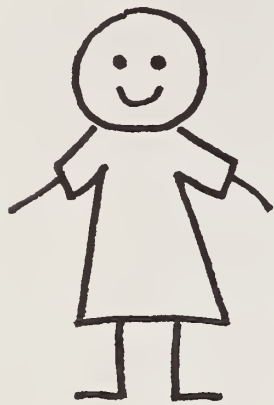
My favorite food from
the Meat Group



My favorite food from
the Milk Group



My Name



Where I live



"Good Foods Coloring Book"
Published in support of
**Federal Food Stamp and
Commodity Distribution Programs**



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